

2018 CEOS Lessons title and descriptions

1. Appalachian Genealogy: Root to Rise

Authors: Stephanie Lusk / Lorrie Wright

Description: Genealogy is the study of one's family history. It is a personal journey that involves exploring oneself as well as immediate and distant family relation. This lesson will review local and national resources for identifying family genealogy. Additionally, participants will be able to build a family tree and complete projects that relate to Appalachian culture.

2. Apple Cider: A Sweet Sippin' Tradition

Authors: Craig Presar / Tim Sayre

Description: A look at the historical significance of apple cider in Appalachia. What is the difference between apple cider and apple juice? Traditional (wooden press) and modern (food processor) methods for making apple cider at home. What are the best varieties of apples for juice or cider? Safe storage, shelf life and home pasteurization. Baking recipes using apple cider (if space permits).

3. Cast Iron Cooking- Not Your Mother's Skillet

Authors: Lorrie Wright / Jamie Mullens

Description: Cast Iron Cooking has been around for centuries but has recently seen a reemergence of popularity. This lesson will cover the history of cast iron, discuss health benefits and pros to using cast iron when preparing meals. Readers will learn to care for their pieces and to restore older pieces. In addition, recipes will be provided to encourage the reader to rediscover this kitchen gem.

4. Celebrate Equality - The West Virginia Woman and Education

Authors: Jamie Mullins / Margaret Miltenberger

Description: There is a famous quote that says, "You educate a woman, you educate a generation." While women today are privileged to the same rights as men, that was not always the case. This lesson will look at the history of women's education in West Virginia, as well as major historic national events that are relevant. It will look at the battle women endured to earn the right to both a high school and college education. Learn all about the women who did it first!

5. CEOS Women of West Virginia

Authors: Stephanie Lusk / Lisa Hess

Description: West Virginia Community Educational Outreach Service (CEOS) started in 1914 and still continues today. The group, with their own purpose, vision, and mission has a set of values they aim to promote across the state of West Virginia. This lesson aims to focus on a brief history of CEOS in West Virginia while highlighting some its most notable members.

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6. Healthy Oils - the Mystery Solved

Authors: Gina Taylor / Terrill Peck

Description: In this lesson, you will learn all about the best oils to use in your kitchen. This lesson will help you understand all of the words that we hear about oils and different types of fat (saturated, unsaturated, trans, etc.) and how they can each positively and negatively affect our bodies. There will be a description of healthy oils (such as olive oil, canola, sunflower, safflower, coconut, avocado, etc.) and their best uses in cooking.

7. Home Economics from the Great Depression to Today

Authors: Lauren Weatherford / Kay Davis

Description: In the early 1930's Eleanor Roosevelt championed "home economists" and the need to bring science into the kitchen to provide low cost, nutritious food to hungry American families. From the desperation of the Great Depression rose the introduction of technology into our foods, our grocery stores and our kitchens. Today science defines the way we produce, purchase, prepare and consume our food. Learn about the history of this technological revolution and how it defines today's American diet.

8. Slow Cooking in a Fast Paced World

Authors: Jamie Mullins / Dana Wright

Description: Over the past few years, Crock-Pots have become popular (again)! A new generation of chefs are discovering the versatility of these simple, but effective, appliances. By utilizing a slow cooker, people everywhere are enjoying healthy, home-cooked meals, even on their busiest day. This lesson will look at how a slow cooker works, the wide variety of foods that can be prepared in a Crock-Pot, and other helpful hints to make the most of this great appliance.

9. Telling the Story: Native Americans in WV

Authors: Sue Flanagan

Description: This lesson examines various aspects of the rich Native American culture, both past and present, in West Virginia. Historic American Indian figures in West Virginia are identified. Their noteworthy contributions will help dispel the myth that the influence of First Nation people vanished with the settlement of white pioneers.

10. WV Papercraft Heritage

Authors: Debbie McDonald

Description: This lesson will cover the history of some of WV's oldest art and craft forms using paper as the medium. Papermaking, collage and papercutting will be showcased. Instruction on how to do each art form today will be included.